

Monthly Newsletter

DEPT. OF FOOD SCIENCE
AND TECHNOLOGY



Welcome to the First Edition of the Monthly Newsletter – Department of Food Science and Technology!

Having a literary wing within the Department of Food Science and Technology has long been a vision, and today, that vision becomes a reality. Under the supervision of Dr. Syed Muhammad Ghufran and Dr. Abeera Moin, We are pleased to announce the launch of our department's Food Science & Technology Newsletter, a dedicated platform highlighting key developments, research advancements, and significant events within our field. The Food Science & Technology Newsletter serves as a platform to highlight key developments, research advancements, and significant events within our field.

It aims to keep students, faculty, and industry professionals informed about the latest innovations, academic achievements, and collaborative initiatives shaping the future of food science and technology. Through this initiative, we seek to encourage intellectual discourse, celebrate accomplishments, and strengthen our collective commitment to excellence in food research and industry practices. We look forward to sharing valuable insights and milestones with our readers.

Team FST

In this newsletter
you can expect:

Introduction

Meet the team

Editorial Note

NFL Campus Drive

Inception Meeting

Invited Lecture

Annual Lunch

Qarshi Clinic

Industrial Visits

Achievements

Social Media Handles

Meet the Team , Food Science & Technology Newsletter

Our newsletter is brought to you by a passionate and dedicated team, working under the supervision of Dr. Syed Muhammad Ghufuran and Dr. Abeera Moin. Each member plays a vital role in ensuring the success of this initiative, contributing their expertise to create an engaging and informative platform.

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Vice Chancellor



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EDITORIAL NOTE

It is with great enthusiasm and pride that I present this edition of our departmental newsletter, a publication that serves as a testament to the progress, innovation, and excellence of the Department of Food Science and Technology at the University of Karachi.

As another month unfolds, this newsletter highlights the events that shaped the past few weeks. From industrial visits to Food exhibitions this edition of our newsletter keeps you updated on everything that matters.

One of the most significant contributions of our department is the production of highly skilled professionals who are not only excelling in academia and research but are also playing a crucial role in boosting Pakistan's economy. By equipping students with cutting-edge knowledge and practical industry skills, we are fostering a new generation of food technologists, quality assurance specialists, and entrepreneurs who are driving economic growth through food exports, innovation, and sustainability in the food sector. A strong, skilled workforce is the backbone of any thriving economy, and we take immense pride in being a vital contributor to this national mission.

In this edition, you will find interviews with industry leaders, insights into emerging food trends, and highlights of our students' and faculty's latest achievements. We also bring to light the challenges and opportunities within the food industry, ensuring that our graduates are well-prepared to meet global standards.

Furthermore, this newsletter will serve as a platform to discuss departmental initiatives, upcoming events, and the continuous advancements we are making in food safety, quality control, and research. It will be a valuable resource for students, professionals, and industry stakeholders alike.

I extend my sincere gratitude to all contributors, faculty members, students, alumni and industry experts who have played a role in making this publication a success. Your dedication and hard work reflect the spirit of our department, and I am confident that this newsletter will continue to inspire and inform generations to come.

Let us move forward with the vision of making Pakistan a global leader in food science and technology, fostering innovation, and driving economic prosperity through knowledge and skill development.

Dr. S. M. Ghufran Saeed
Associate Professor & Student Advisor
Department of Food Science and Technology, University of Karachi.



February at a Glance

This month, the Department of Food Science & Technology, University of Karachi hosted three impactful events, fostering industry collaboration and hands-on learning.

NFL Campus Drive 2025

An engaging session featuring career insights, mock interviews, and interactive activities with National Foods Limited.



Inception Meeting on iTFA Reduction

A collaborative initiative with Nutrition International to reduce industrially produced trans fats in Pakistan's edible oil industry.

Industrial Visit to Shahi Foods

Final-year students explored snack processing and extrusion techniques through a hands-on factory visit



Invited Lecture by Mr. Adnan Shakeel

The Head of R&D, QA & Compliance at Q&N Flavors, Dreamworld Resort shared key insights on Food Product Development.

Annual Lunch – February 25

A gathering to celebrate teamwork, achievements, and community spirit.



A Hands-On Learning Experience at Spring Edible Oil Company

An incredible visit to oil refining industry.

Opening of Qarshi Clinic

The Food Science & Technology Department welcomed a Qarshi clinic, promoting herbal and nutritional wellness.



Breakthroughs at NED and DUHS-DICE Food Exhibition

Students showcased innovative projects, including the Oil Solidifier, Herbal Mosquito Repellent and Food Lab Navigator, receiving industry recognition.



A Day of Opportunities: NFL Campus Drive 2025



February 18, 2025, was a day filled with excitement, ambition, and career aspirations at the Department of Food Science and Technology, University of Karachi. The energy was palpable as students eagerly gathered for the much-anticipated National Foods Limited (NFL) Campus Drive 2025, a gateway to exploring career opportunities with one of Pakistan's leading food companies.

Who doesn't want to explore National Foods limited ?

Given the fact that we are Food technologists, we would love to have insights of the prestigious food industry of National.

The event commenced with an insightful orientation session, where students were introduced to NFL's vision, core values, and career pathways, including the prestigious Trailblazer Management Trainee Program. Eyes lit up as they learned about the company's commitment to innovation and excellence in the food industry.



A pivotal moment came during the mock interview sessions, where students stepped into a real-world hiring experience. Nervous yet determined, they faced industry professionals who provided constructive feedback, refining their confidence and interview techniques. Beyond the formalities, an interactive networking stall became a hub of conversation. Students engaged with NFL representatives, seeking guidance, asking questions, and exploring potential career paths. The atmosphere buzzed with curiosity and ambition, as many found clarity about their future in the food industry.

As the day wrapped up, it was clear that this event was more than just a recruitment drive, it was an inspiring experience that connected academia with industry. We extend our sincere gratitude to National Foods Limited for providing this valuable platform, empowering students to take confident steps toward their professional journey.

Inception Meeting on iTFA Reduction Program



Did You Get Confused Hearing About iTFA?

No worries, don't be confused! We're here to break it down for you and make this event easy to understand. **Industrially Produced Trans Fatty Acids (iTFA)** are harmful fats found in processed foods, Banaspati ghee, and some edible oils. These fats increase the risk of heart disease and other health issues. To combat this, the Department of Food Science and Technology, University of Karachi, in collaboration with Nutrition International, hosted an Inception Meeting on January 29, 2025.

But what exactly is an Inception Meeting? It's the very first gathering of key stakeholders to discuss an initiative, set objectives, and strategize solutions. This meeting aimed to align Pakistan's edible oil industry with WHO guidelines, ensuring that iTFA levels are reduced to below 2%.



The event brought together over 15 leading Banaspati and oil refining units, bakeries, and restaurants, fostering a collective effort to create healthier food products. Experts like Dr. S. M. Ghufuran Saeed, Mr. Dhananjay Tokekar, and Mr. Moin Qureshi shared their insights on the dangers of iTFA and innovative strategies for its reduction.

With active participation from industry leaders, this meeting marked a crucial step toward a healthier, trans fat-free future for Pakistan.



Industrial Visit to Shahi Foods: Learning in Action!

How many times have we watched Food Factory on the Discovery Channel, dreaming of stepping inside a real production facility? Today, that dream became a reality, thanks to the **Department of Food Science & Technology, University of Karachi!**

And What's better than learning from textbooks? **Experiencing it firsthand!**

Our final-year students had an incredible opportunity to step out of the classroom and into the heart of the snack processing industry at **Shahi Foods**.



From the moment they entered the facility, students were immersed in the **real-world dynamics** of food production. The visit provided an exclusive look at the **extrusion technique**, a key process in making crispy, flavorful snacks. They observed how raw ingredients transform into the delicious treats we enjoy, gaining insights into **quality control, production efficiency**, and **food safety standards**.

Note of Gratitude

A huge thank you to Shahi Foods for their warmth, hospitality, and invaluable insights, this visit was truly an unforgettable learning experience!



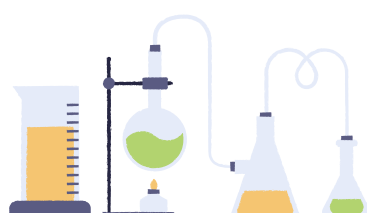
Bridging Academia and Industry: Expert Insights on Food Product Development

Great teachers are rare, and the Department of Food Science & Technology, University of Karachi, had the honor of hosting one such rare gem.



The Department of Food Science & Technology, University of Karachi was privileged to host Mr. Adnan Shakeel, Head of R&D, QA & Compliance at Q&N Flavors, Dreamworld Resort, for an insightful lecture on Food Product Development. Speaking to B.S. final-year students, Mr. Shakeel delved into the challenges, innovations, and industry trends shaping modern food formulation. He provided a real-world perspective on transforming theoretical knowledge into market-ready products, equipping students with the skills needed to excel in the food industry.

We extend our heartfelt appreciation to Mr. Adnan Shakeel for sharing his expertise and to Dr. Abeera Moin for organizing this impactful session, strengthening industry-academia collaboration and preparing students for future professional success.



Annual Event 2025: A Celebration of Transitions and New Beginnings

As we bid a heartfelt farewell to our cherished Batch of 2024, we extend a warm welcome to the first-year students of Food Science & Technology (FST) and Human Nutrition & Dietetics (HND) – Batch of 2025. To mark this transition, the final-year students of FST hosted a memorable welcome event, filled with joy, celebration, and camaraderie.

*"Every new beginning comes from some other beginning's end."
– Seneca*

The evening was made even more special with a cake-cutting ceremony, a heartfelt tribute to our esteemed teachers, who were honored with well-deserved titles.

We express our sincere gratitude to our generous sponsors: AM International, Ahbab Sweets, Young's Food, Biosafe Pest Management, and My Choice, for their support in making this event a success.



Adding prestige to the occasion, we were honored by the presence of our distinguished guests: Chairperson Dr. Abdul Haq, Dr. S.M. Ghufuran Saeed, Dr. Abeera Moin, and Dr. Maryam Sheikh. The event truly came to life with our talented students showcasing their creativity through engaging skits and plays, making the evening an unforgettable experience!



UoK & Qarshi Foundation Join Hands for Natural Medicine Clinic



The Department of Food Science and Technology, University of Karachi, and the Qarshi Foundation have officially signed a Memorandum of Understanding (MoU) on February 26, 2025. This strategic partnership, signed by Prof. Dr. Khalid Mehmood Iraqi (Vice Chancellor, UoK) and Mr. Adeel Saeed Mir (CEO, Qarshi Foundation & CSO, Qarshi Organization), marks a major step in promoting natural medicine.



The agreement will establish the Qarshi Clinics of Natural Medicine (QCNM) at the university, offering healthcare services with qualified Natural Medicine Physicians and free registered medicines. KU will provide infrastructure and operational support, ensuring accessibility for students, faculty, and the community. Additionally, students from the Human Nutrition and Dietetics program will gain hands-on training at the clinic.



The signing ceremony was graced by key individuals from Qarshi Foundation, including Dr. Yasir Amin, Head of the Health Department; Mr. Waqas Ur Rahman, Head of Operations MAP and Special Projects Department; Dr. Muhammad Faheem, Operational Head for QCNM Central Punjab, Sindh, and Balochistan Regions; Dr. Ahsan Jameel, Operational Lead for the Sindh Region; and Dr. Syeda Asma, Coordinator for Research and Development in the Sindh Region. Additionally, Prof. Dr. Asif Iqbal from Avicenna Institute was also present at the ceremony.



Springing into Action: A Hands-On Learning Experience at Spring Edible Oil Company

Bridging the gap between theory and industry, the final-year students of the evening program had the opportunity to witness food production in action during their industrial visit to Spring Edible Oil Company.



Under the expert supervision of **Dr. Zubala**, students gained firsthand experience of the production process, from raw material selection to refining and packaging. The visit also provided valuable insights into quality control measures, safety protocols, and industry standards that ensure the production of high-quality edible oil.

This immersive experience not only deepened their understanding of food safety and processing but also prepared them for future roles in the food industry by exposing them to real-world manufacturing challenges and solutions.



A big thanks to Spring Edible Oil Company for their hospitality and for fostering industry-academia collaboration, giving students a glimpse into the dynamic world of food production!



From Lab To Legacy: Breakthroughs at NED and DUHS-DICE Food Exhibition

Students from the Department of Food Science and Technology, University of Karachi, showcased their brilliant innovations at the 1st Product and Process Development Competition held at **NED University** and **DUHS-DICE food exhibition**. Their outstanding projects not only demonstrated technical expertise but also addressed key challenges in food sustainability and waste management.



Third Place Winner , Oil Solidifier

A team of KU students secured third place with their oil solidifier under the supervision of **Dr Abeera Moin**, an innovative solution for waste oil management and disposal. This breakthrough product contributes to environmental sustainability by transforming used cooking oil into a solid form, making disposal safer and more efficient. This Exceptionally incredible project was supervised by Dr Abeera Moin.

Sustainable Tomato Solutions , Dry Tomato Powder & Instant Ketchup

Students from the Human Nutrition and Dietetics Program introduced an innovative preservation method in response to the recent tomato surplus, which caused major financial losses for farmers. Their project, focusing on dry tomato powder and instant dry powder ketchup, presents a cost-effective and long-term storage solution, helping reduce food waste and ensuring greater food security.

Congratulations to both teams for their remarkable achievements and for contributing innovative solutions to pressing food industry challenges! Their hard work and creativity highlight the potential of food science in driving sustainability and innovation.

Food Lab Navigator

BS second-year Food Science & Technology students presented Food Lab Navigator under the supervision of **Dr. Zubala Yasir** at NED's First Product Development Competition, an innovative digital platform designed to enhance food testing accuracy and efficiency. Congratulations to the team for this remarkable achievement! Your innovation is paving the way for a smarter and more efficient approach to food analysis.



HydrateX Electrolyte Drink Premix

The recently graduated students of Batch 2024 showcased their remarkable innovation, HydrateX Electrolyte Drink Premix under the supervision of **Dr Abeera Moin**, at the DUHS DICE Food Exhibition. This scientifically designed hydration solution is formulated to optimize electrolyte balance, enhance hydration, and support stamina and recovery, making it a game-changer for fitness enthusiasts, active individuals, and those with demanding daily routines. Unlike traditional energy and pre-workout drinks, HydrateX offers a clean, low-calorie alternative without excessive caffeine or artificial additives. It transforms ordinary water into a performance-boosting hydration solution, providing an affordable and healthy option for those seeking sustained energy and recovery.

The dedication, research, and expertise of these students reflect their commitment to advancing food science and developing innovative solutions for modern consumer needs. Their success at the DUHS DICE Food Exhibition is a testament to their hard work and vision for a healthier future. Congratulations to the entire team on this outstanding achievement. Your innovation is paving the way for the future of functional beverages.



Pure Glow Organic Soap

Fatima Lodhi, a passionate and innovative 2nd-year Food Science and Technology student, has been recognized for her remarkable achievement in developing Pure Glow Organic Soap. Under the expert guidance of **Dr. Zubala Lutfi**, her groundbreaking creation earned her a special prize of PKR 10,000 at DICE-DOW 2025. This achievement not only highlights her dedication but also reflects the potential of young minds in sustainable product development. Congratulations, Fatima, on this well-deserved recognition! Wishing you continued success in your journey ahead.



Herbal mosquito repellent

BS second-year Food Science & Technology students presented their herbal mosquito repellent under the supervision of **Dr Zubala Lutfi** at the DUHS-DICE Health Exhibition, offering a natural alternative to chemical repellents. Their innovative product impressed industry experts during Shark Tank, securing a valuation from Dvago & Pro Con Engineering Limited. These students are paving the way for eco-friendly mosquito control with their groundbreaking approach. Congratulations to the entire team on this well-deserved achievement. Your dedication and innovation are truly commendable.



Oil Solidifier

A talented team of Karachi University students has achieved an impressive victory at DICE-DOW 2025 with their groundbreaking Oil Solidifier—a revolutionary solution for waste oil management and disposal. This innovative product transforms used cooking oil into a solid form, making disposal safer, more efficient, and environmentally sustainable. Under the expert supervision of **Dr. Abeera Moin**, the team's outstanding efforts were recognized with a special cash prize of PKR 10,000. Congratulations to the entire team on this remarkable achievement! Your innovation is a step forward in sustainability.



Thank you for reading!

GET READY FOR SOMETHING BIG COMING SOON...

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